



The Senior Edition

The Shrewsbury Council On Aging Newsletter

published Monthly for all

Shrewsbury Residents age 60 and over

April 2004

Volume 4, Issue 4



April 2004 Special Dates:

National Volunteer Recognition Week:

April 18th-24th. See page 3 for more...

Free AARP Tax Assistance Avail. Mon, Tues 9am-1pm
April 5th, 6th, 12th and 13th

Be sure to sign up for **Project Alarm** this month!

April 4th:

"Spring Ahead": Change your clocks!

April 14th:

COA Board Meeting 10am

April 16th:

Office hours for Rep. Karyn Polito 9:00am
Colon Cancer Talk, 1pm

April 19th:

Patriot's Day: Municipal Offices Closed

April 20th:

"Little Piano Man" at Café 11am
Friends, Inc. Meeting 1PM

April 21st:

Legal Clinic with Atty. Nick Kaltsas

April 27th:

AARP Meeting 1:30pm

April 28th:

11:30am Beefing It Up w/Angela & Sharon

April 30th:

Newsletter Mailing 9am
Brown Bag Lunch & Movie 11:30am

And much more...

see inside for details and calendar on back page

*The Town of Shrewsbury's
Council On Aging mission is to develop
and support community activities which
enhance the well-being of residents of
the town who are age 60 or older .*

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2004 Formula Grant to go toward the mailing labels for our Newsletter

All Computer Users:

Remember: the Newsletter is now officially **on-line!** Visit the town's webpage at www.shrewsbury-ma.gov. Click on "Town Departments", then "Council on Aging". There is a square for the Newsletter at the top of the department's homepage. Click here and you can read the Newsletter, in color! You may wish to print it out, or enlarge it for easier reading. The "News List Serve" is also available. Click the blue mailbox and you will be notified when the new edition of the Newsletter is available, as well as when there is a change in a program, or if there is news to share with you between newsletter issues!



**Friends of the Shrewsbury
Senior Center, Inc.**

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Shrewsbury, MA 01545
(508) 841-8640

April 2004



COA Staff and General Information:

Office Hours: Monday through Friday:

8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,
John Concordia, Secretary, Al Crommett, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Ralph Anderson, Mike Jardarian, Mike
Mazzola, Dick Londergan, Ed Rezuze, Norm Vandal, and
Keith Harlow, Holly Henry

Meal Site Coordinator: Cheryl Lucier 508-841-8757

Meals on Wheels Drivers:

Alan Buckley, George Bergquist

Outreach Coordinator: Jacqueline Lofgren

Volunteer Coordinator: Marcia Grillo

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

Newsletter Committee: Fran Rimkus, **Chairman**,
Ailsa MacDonald, **Editor**, Ron Davis, Norma Giumentaro,
Mary Layden, Janice McNamara, Maynard Rinker

CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

Volunteer Office Staff: Dorothy Dobson, Elaine Kelley,
Nancy Kowalczyk, Loretta Henry, Carmella Iacono, Rochelle
Lockwood, Shirley McDonnell, Lucille McHugh, Katharine
Nelson, Phyllis Robbio, Lakshmi Tammisetti, Betty Viscera

Senior Aide: Susan Pappas

Veteran's Agent: Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

HAPPY APRIL BIRTHDAY TO:

Norma Giumentaro, 4/2, Shirley McDonnell, 4/7, Nancy
Kowalczyk, 4/16, George Berquist, 4/22, Alvin Weiss and Ed
Rezuze, 4/48

Happy Belated Birthday To Our Volunteers:

February 28th: Phyllis Robbio,

March 3rd - Frank Fulginiti

Important Voting Reminder:

Because of the timing of our Newsletter mailing, the COA would like to remind everyone that the Town's General Election Day takes place **Monday, May 3rd**. **Precinct 6** is reminded to come to the Senior Center for their polling location.

The **Shrewsbury Senior Citizen's Club** will NOT hold a meeting that day due to voting. All other activities will be held as scheduled.



Letter from the COA Director:

At press time, the word everyone was thinking about was BUDGETS! For those who may have been following the town's budget process, everyone has been working hard to ensure the **Town's Budget** is ready for the May 17th Town Meeting. Cuts had to be made to every department, the COA included. However, the COA would like to thank the Town Manager and the Finance Committee for working with the COA to minimize the impact of the cuts as much as possible.

The COA was still waiting to see how the State Budget would affect the Town's budget, but on March 15th, we learned that our state **Formula Grant** would be level funded at \$4.93 per senior, age 60 and over, based on the 2000 Census. However, the way the paperwork is filed on the state level will be different and the Town will work off a five year contract with the state for the grant. I will be attending a meeting on April 7th to learn more about the changes and how they will affect our grant, if it all.

In the meantime, last month, we applied for a "**MARtap Mini Grant**" which allows applicants to apply for transportation-related funding. If awarded, our grant will allow us to better serve hearing impaired riders. We also hope it will allow us to serve other disabled populations we will be working with through our new van.

Last but not least, this month is **National Volunteer Recognition Month**. (See next page) I shudder to think where the COA would be without all its incredible volunteers. Just to share some interesting statistics with you from our Fiscal Year 2003 report, (Fiscal Year 2004 will end in June), we had 284 volunteers, who worked a total of 24,196 hours, which is valued at \$270,882.00! (The COA's FY03 Budget was \$208,162.05.) As you can see, we are able to do more than double what we otherwise would be able to do, thanks to our volunteers!

Have a happy, healthy month.

Sharon M. Yager

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&

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levels of cable services!

April 18th-24th: Volunteer Recognition Week

Regardless of whether you volunteer at the Senior Center or elsewhere, you are invited to come by and get your free "Red V" to wear proudly that week. You will also get a card that will allow you to take advantage of special discounts and free admissions that week. If you are a COA volunteer and have volunteered 20 hours or more during the year, you will receive an invitation inviting you to the Senior Center's recognition event later this month.

**Meal Site Changes:**

The Meal Site has been renamed the "Silver Spoon Café"! The Café will also be doing away with paper goods and will be serving with the **Senior Center dinner dishes and flatware. A new program** will begin this month where you will have the chance to eat lunch and talk with the COA Director and a special guest. This month's guest will be Angela Snell from Parks and Recreation. Future guests will include other Department Heads and other town officials. Please call by 4/27 to reserve your meal so you can join us on:

April 28th, 11:30am: "Beef It Up With Angela and Sharon"

Project Alarm Is Back!

During the month of April, the Fire Department will once again work with the COA to promote the popular Project Alarm program. It is recommended that you check your smoke alarm batteries twice a year. It is easy to remember if this is done in April and October when we change the clocks! Call the COA to participate. The Fire Department will then contact you about when they will visit your home. Your smoke alarms will be checked. Batteries and detectors (not hard wired) will be replaced, free of charge if needed.

April 16th, 1pm: Colon Cancer Educational Talk

UMASS will be presenting a special educational talk on the sensitive but important subject of Colon Cancer. Learn more about this deadly but very treatable disease. Learn how to prevent it, who is at risk, what treatments are now available and much more. Please call the Senior Center to reserve your seat at what is sure to be an informative session.

April 20th, 11am: The "Little Piano Man" Returns!

Mackenzie Malamad, child piano prodigy, will be performing at our Silver Spoon Café during school vacation. Mackenzie has appeared on TV shows, singing and playing popular tunes that seniors love. If you enjoyed his performance last year, be sure to join us again! Please call the Senior Center to reserve your seat. There is no charge, but a hat will be passed should anyone wish to contribute. Please call the Café before the morning of 4/16 if you'll be staying for lunch afterward.

Reminder: AARP Tax Assistance

Only a few weeks are left for AARP to offer free tax assistance for seniors until tax season ends! Two tax counselors will be available to meet in private appointments on Mondays and Tuesdays from 9am to 1pm. Please call the Senior Center to book your one hour appointment.

Do You Need Help With Yardwork?

The B'Nai Shalom Congregation in Westboro will once again offer their services to help seniors do some spring cleaning in their yards. Please call the Senior Center to be placed on the list and you will be contacted for follow-up.

Microsoft Word Computer Classes

The Senior Center will be conducting computer classes for people interested in learning more about **Word**. Please call the Senior Center to leave your name on the sign-up list. The Senior Center will also be conducting **Internet/Email** classes at the Shrewsbury High School. The classes will be taking place on Wednesdays starting April 21 to June 16. There are two classes available; 2:30 to 4:00 and 4:15 to 5:45. Please call the Senior Center to sign up.

Outreach News: **FUEL ASSISTANCE** applications have been extended. They will now be accepted until May 15, 2004. If you pay your heating bill, you may be eligible for assistance based on your income. If you plan to apply for Fuel Assistance, please contact Jacqueline Lofgren at (508) 841-8647 prior to May 10th to allow for adequate time to process your information. **Newly Retired? New to Town?** To schedule a tour of the center and a complimentary lunch (1st time users only) - lunch compliments of the Age Center of Worcester. Jacque is also available to visit those who cannot leave their homes and need assistance.

April 30th 11:30am Lunch/Movie

This month features the newly released film "Radio". Rated PG-13, this film stars Cuba Gooding Jr. and Ed Harris. It is based on a true story of a mentally challenged young man and the way he touches a football coach's heart. It was recommended by our office volunteer Loretta, who said, "Please show it, it's really inspiring!" Join your friends for a free movie, refreshments and soft drinks, all sponsored by Westboro Savings Bank. Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please** call the Senior Center by the morning of April 28th to reserve your seat and/or your lunch. An accurate count is needed so that we can ensure that there are adequate refreshments for everyone.

Have A Happy Holiday
to all celebrating Easter or
Passover this month



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SELECTMAN**



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Shrewsbury Senior

Mondays
11am
President:
Grace Fulginiti
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Citizen's Club

CARES April Column: A Spring Smorgasbord**By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

Last month I asked for your help in establishing a new service, the CARES Consumer Survey. I am providing a file at the Senior Center for your review. In this file will be the comments of your peers concerning services (anything from car dealers to home contractors) they have used along with their comments. To make this work, I ask that you all participate with your experiences by filling out a form at the Senior Center (or we can mail you one) or by calling me. For now, please only share your good experiences. The problem with negative reviews is potential liability with which I do not wish to burden the Council on Aging. However, thank you to the anonymous caller who asked me to remind you to check the status of a lawyer with the Massachusetts Bar Association before hiring him/her. (She was going to hire a local lawyer until she found out the lawyer's license had been suspended for moving a client's funds into a personal account of that lawyer)...Be wary of telephone calls, mail or e-mail regarding the new Medicare discount drug cards that are to be available this May. Scam artists are contacting seniors to "assist" them with and "enlist" them in this new program. The problem comes when unwitting victims supply personal information such as bank account numbers, credit card numbers, or their Social Security or Medicare numbers. Prescription Advantage, MassHealth, other private providers and this new Medicare discount drug program will never ask for your personal information through a solicitation. When in doubt, contact the Executive Office of Elder Affairs (1-800-AGE-INFO), the SHINE counselor at the Shrewsbury Senior Center, or the comprehensive resource of all drug discount programs, MassMedLine (1-866-633-1617). In fact, make it a habit to contact these resources before you respond to any solicitation...Again, scam artists are very good at extracting information from you that can ultimately cause you ample grief. Question any solicitation of any kind that you do not initiate...Online bill paying services become a problem when they pay your bills late or you haven't updated the address of a company that has changed its address. Find out from the service when they will send payment and inform them when the recipient of your payments has changed its address...The "72 Hour Rule" that allows you to back out of a business deal within three days applies only to business done away from a company's regular place of business (such as at your home, fairgrounds, or temporary locations)...When you use those convenience checks from your credit card company that offer 0% or very low interest rates, know that your future payments will probably be applied **first** to those low rate charges; read the fine print with each offer.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

KALTSAS KORNER

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.

Estate Planning and Medicaid Planning is different. What will work for one, may not work in the context of the other. In Estate Planning, the primary goal is to reduce one's estate tax liability. For most people, the goal of Medicaid Planning is to protect savings (by avoiding paying them to a nursing home) while simultaneously qualifying for nursing home Medicaid benefits. Although the differences between Estate Planning and Medicaid Planning are subtle, their effects can be enormous.

Estate Planning concerns sizeable estates. Currently, no Federal estate tax exists on estates under \$1,500,000.00. An estate tax is only in effect if the taxable estate is in excess of the MA filing threshold of \$850,000.00. An effective Estate Plan can be established to reduce estate taxes. Done without assistance, plans may not protect one's assets from the high costs of healthcare, nor provide Medicaid eligibility. Therefore, a traditional Estate Plan will not work for people concerned with the high cost of healthcare and establishing Medicaid eligibility.

Essentially, in the U.S., the only "insurance" plan for long-term institutional (i.e., nursing home) care is Medicaid. Because Medicaid is a "welfare program", you must become "impoverished" under the program's guidelines to become eligible. Most people pay out of their own pockets for long-term care until they become eligible for Medicaid. Without proper planning, nursing home residents can lose the bulk of their savings. In MA, nursing home fees can be as high as \$9,000 a month. It would not take long for nursing home fees to exceed someone's lifetime savings.

In MA, Medicaid is administered by the Division of Medical Assistance (DMA). It enforces the rules and regulations under which the Medicaid program (MassHealth, here in MA) operates. Although Medicaid benefits (including gaining eligibility thereto) are becoming increasingly restrictive, by complying with those rules and regulations, it is possible to become eligible for Medicaid benefits and protect at least a portion of your savings so they can be passed on to loved ones. The sooner a Medicaid Plan is established, the larger the portion will be. The remaining money can be used for the care and well-being expenses not covered by Medicaid.

This article gives general information and not specific legal advice on individual matters. Persons wanting individualized advice on matters discussed should contact an advisor experienced in those matters.



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Shrewsbury Historical Society Events

*Shrewsbury Historical Society Announces the 3rd Annual
"Spirit of History" Award*

The Shrewsbury Historical Society will be honoring the person who has made a significant contribution to the history of the Town of Shrewsbury as demonstrated by their record of outstanding leadership, service and interest during the year. The recipient of the award will receive a framed certificate.

Each year the recipients name will be added to a list placed on a wall of the 1830 Brick Schoolhouse, the Society's headquarters. Any town resident may nominate a candidate. Candidates are not required to be a member of the Society or a resident of the town of Shrewsbury. The Shrewsbury Historical Society Executive Board will make the final selection and the award will be presented at the Society's Annual dinner in May.

Any resident wishing to nominate someone for this award may pick up a nomination form at the 1830 Brick Schoolhouse, the Shrewsbury Public Library, or the Town Clerk's office. Nomination forms must be returned no later than April 15, 2004. For more information, please contact Henry Wood at 508-842-1871 or hwood@townisp.com.

"Historic Gardening in New England", Speaker: Mary Shane
1830 Brick Schoolhouse on the Town Common
Wednesday, April 28, 7pm

"Historic Gardening in New England" is an informal pictorial tour through typical residential gardens from the 17th to the early 20th century, including information on period garden design, plant selection, and garden function. Samples gardens will be shown throughout and tips on recreating or restoring historical gardens for the homeowner will also be provided.

A Michigan native, Mary grew up enchanted with New England history. She is passionate about history and historic vernacular landscapes: gardens and landscapes of every day life together with an explanation of how these landscapes functioned.

Mary Shane is the owner of Mary Shane, Inc., Garden Management; "Garden911", a garden design, installation, & maintenance company; and "3 Magnolias", a specialty tree nursery. Mary has been gardening for 10 years, is a Master Gardener, and also consults on various historical horticultural projects.

Museum Happenings:

"An American Impressionist: Joseph H. Greenwood"
Worcester Art Museum

Explore the prolific though long-overlooked career of Joseph H. Greenwood, a Central MA Impressionist who painted New England Landscapes. The Art Museum can be reached at 508-799-4406 or on-line at www.worcesterart.org.

SHS Alumni Events:

1st Auction Dinner:

April 10th at the new High School. The tickets to the dinner are \$20 and the proceeds will go toward the Student Grants' Program. Since 1995, this program has given grants to more than 15,000 students. To get tickets, you may call 508-753-6008. You may also visit the Alumni website at www.shrewsburyalumni.org/auction.htm and take a look at the dinner menu and prizes that are available.

The Magic of Steve Charette: Fun For All Ages!

Wednesday, April 21, 1 PM, Shrewsbury Middle School

Located Sherwood Ave (off Maple Ave). This is taking place during April School Vacation, so it's a great time to bring grandchildren! Or come and just be a kid again yourself! Tickets \$4.00 at the door, Advance Ticket Price \$3.00, Children under 1 year admitted Free! (Reserved tickets will be held at the door) To purchase advance tickets send your check payable to the SHS ALUMNI ASSOCIATION by APRIL 11th to: Mary Rose Casey, Shrewsbury Children's Center, 138 North Quinsigamond Ave., Shrewsbury, MA 01545, or call Mary Rose at 508-755-3922 for Ticket or Event information.

The SHS Alumni Association's fundraising events help support Shrewsbury High School student grants.

Goings on at Parks & Rec: Boston On Your Own

Take the bus with us to Boston and spend the day sightseeing or shopping. Trip is Saturday, May 1st; leave town hall at 9:00 am and leave Boston at 4:15 PM. Cost is \$12.00 per person. Sign up at the Town Hall.

Library Happenings:

Wed., April 28 (7:30 pm): Richard Robbins: Poetry reading

Mon., May 3 (7:30 pm): Dr. Helen Whall of Holy Cross College: "Shakespeare's Queens, Shrews, Wives and Other Bothersome Ladies"

Wed., May 5 (7:30 pm): Deborah Casey: Relieving Stress
Details of these programs can be found on-line at the Library's calendar of events at: www.libraryinsight.com/Events.asp or by calling 508-842-0081.

"Music Across The Ages: An Intergenerational Celebration of Song" April 14, 2004 6:30 PM

Assumption College - Hagan Campus Center Hall
A variety of music from four age groups: grade school, high school, college and elders will be performing. This event is co-sponsored by WISE at Assumption College. The event is free and open to the public and refreshments will be served. For more information, call 508-754-6829.



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Shrewsbury Friends Men's Club*Submitted by Al Vadinais.*

Shrewsbury Police Chief Wayne Sampson spoke on issues concerning the Commonwealth's traffic enforcement conclusion on racial and gender profiling of whites versus non-whites in Shrewsbury. Fire Department Captain Jimmy Vuona explained the working and advantages of the "FILE OF LIFE" program in case of emergencies. Bruce Whale, representing Alcoholics Anonymous, spoke on his experience as a recovering alcoholic. Takes on Medicare and antique clocks are scheduled for upcoming meetings. See you there!

Shrewsbury Senior Writing Contest*Submitted by Dick Coulter and Jean Sansevero*

The Shrewsbury Senior Writers continue to accept submissions for their writing contest for Shrewsbury residents age 60 and over. The category is short stories of 500 to 1500 words. Stories can be fiction or true. Previously-published works will not be considered. Only one entry allowed per person. Please include your name, address and telephone number on your submission. Send to: Shrewsbury Senior Writers, Inc., 98 Maple Ave., Shrewsbury, Ma. 01545 to arrive by June 1, 2004. Cash prizes are \$50 for 1st place, \$25 for 2nd place, and \$15 for 3rd place. Winners will be announced by July 1, 2004.

The Friends of the Shrewsbury Senior Center, Inc.*Submitted by Diane Lindberg*

The Friends of the Shrewsbury Senior Center, Inc.'s general meeting is Tuesday, April 20, 1 pm at the Senior Center. We welcome Officer Patricia Babin's presentation on **Pedestrian Safety in Shrewsbury**. You will have an opportunity to ask Pat questions. Join us for some coffee, tea, scrumptious snacks and fellowship. Bring a friend and don't miss out!

You can also pick up your May Madness raffle tickets to buy or sell to your family and friends. In May, you will have 31 opportunities to be a winner in the Friends raffle. Don't miss out!

AARP:

This month's April meeting will feature Karen McGinn, a Hair Stylist who will discuss how senior men and women can have healthier hair. Even if you've lost your hair, a healthy scalp is still important. The meeting will be Tuesday, April 27th, 2004 at 1:30pm.



Dr. Anthony Bent, Shrewsbury Superintendent of Schools, is shown here with Bob Cornacchioli, a high school teacher at February's meeting.

Photo by Madeline Gentile

Senior Magazine Television Show

The April edition of the TV show will be "Health Programs" and will feature the Pharmacy Program, St. Anne's Clinic and the Pilates Program at the Senior Center. Dr. Clermont will be speaking on each program, joined by Father Moran at St. Anne's in regard to the Clinic. Showtimes on Channel 33 are Thursdays at 2, 6 and 9:30pm and Fridays at 10am. Don't miss it!

Travel To learn more about an upcoming trip, call the contact people listed. **Also call for their list of other trips planned:**

Anna & Bernie Keiser: 508-753-1387:Mohegan Sun - April 13thThe Log Cabin's Lobster Feast - May 18thFoxwoods - June 16thGreyhound Dog Racing - June 26th**Frank Fulginiti : 508-845-6509:**White's of Westport - April 6thThe Tall Ships Are Coming - July 16th8 Day MACKINAC Island - September 9th-16th**Piecemakers Quilting Group**

Will begin selling raffle tickets on May 1st for the quilt shown here. The Raffle will be held at the Health Fair on October 1st. All proceeds will be given to the Senior Center. The Quilting Group meets on Monday mornings. For information, call Marlene F. Holohan at 508-842-8368.

**Senior Golf:**

Al Vadenais writes to announce that all caliber senior golfers are invited to take part in **monthly golf tournaments** at **Heritage Country Club** in Charlton, beginning this month and running until October. No handicaps are required and the Calloway Scoring System will be used. Prizes for low gross and low net will be awarded at a Steak Dinner in October. The cost is \$5 for each monthly play, plus greens fees, which are reasonable, as they include cart and lunch. Contact Dave Archambo at 508-842-2165 for questions and schedule dates.

Mary Johnson has written to tell you to clean up those golf clubs and join the co-ed **Senior Casual Golf Group** on Wednesdays at **Stonybrook Golf Club**. For more information, contact Mary at 508-842-8691.

Library Outreach Available

The new Library Bookmobile van is available at the Senior Center every Monday and Thursday morning. If you are homebound, the van may also visit your home to drop off and pick up materials. Call the Library at 508-842-0081 if you need home assistance. In addition to printed materials, videos and tapes are also available.



Ruth Jakubiak, left, looks over a book, while Nancy Colby and Debbie Mayo of the Shrewsbury Public Library offer assistance.

NEWS FROM THE SHINE PROGRAM**Serving Health Information Needs of Elders***By Ellin Hassett, Regional SHINE Director*

There is some good news regarding the **Medicare+Choice** plans. The three Medicare HMO's available in Worcester county will have a rate decrease effective March 1, 2004.

The **proposed monthly rates** are as follows:

Blue Care 65: \$106,

Fallon: \$40 without drug benefit, \$90 with Rx Drug Benefit

Tufts: \$115

Those of you on one of these plans may get your March bill with the old rate that went into effect January 1, 2004 but it will be adjusted on the following bill.

If you are interested in applying for a **Medigap** plan now is the time. Open Enrollment is held during the months of February and March for an effective date of **June 1, 2004**.

The new **Medicare Endorsed Drug Discount Cards** will become available in June 2004. These cards were designed to help people who do not have health insurance coverage for drugs pay for their prescriptions. Enrollment will begin in May 2004. **Please remember not to give out personal information over the phone or to anyone who comes to your door unsolicited by you.** If you are interested in any of these discount cards have the information sent to you or visit your local Senior Center and ask for more information.

For questions regarding any of these topics or another health insurance questions, please call the SHINE Program at 1(800) 243-4636 option 2.

SERVE: Good Food Means Good Health!

Why not take part in this affordable, delicious food co-op? The April special will be gourmet stuffed Chicken Breasts package for \$17. Each breast is 8 oz. The package contains two each of Apple Raisin, Broccoli and Cheese, Wild Rice and Herb and Bread stuffing. You can now sign up on-line at www.serve-newengland.org or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. The Church's sign-up hours are Monday through Thursday from 9am-1pm. Call (508) 842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is April 12th for distribution on April 24th.

Fallon Representative

Regional representative Janice Sochalski will be in Westboro at Christina's Café on April 16th at 10am and Sophie's Restaurant in Shrewsbury on April 29th at 2pm. If you have a Fallon Senior Plan question, call 1-800-868-5200 for more information.

Elder Care: Balancing Work and Family

Wednesday, April 14th. Reception at 5:30pm, with program to follow from 6:30-7:30pm at the Notre Dame du Luc Assisted Living Facility located at 555 Plantation Street in Worcester. Speaker will be John Paul Marosy, M.S. Mr. Marosy will offer practical advice on caring for an aging family member while also juggling the demands of work and other obligations. Suggested donation for event is \$5. For more information on the program, call 508-852-3011, ext. 3222.

Intergenerational Urban Institute**10th Anniversary Forum Series**

The two talks listed below are offered free and open to the public at the Blue Lounge in the Worcester State College Student Center. For more information, contact 508-929-8900.

Thursday, April 15th: Medicare: An Intergenerational Issue

11:30am to 1pm, Panel discussion

Tuesday, April 27th, 1pm-4pm: Celebration Across the Ages

1-4pm, Guest Speaker: Sharon Leahy-Lind, Class of 1996, Director of the Women's Health Initiative, State of Maine

Advanced Wellness Workshop: Tuesday, April 6th

Sponsored by Shrewsbury Family Chiropractic. Workshop will be held at 6:45pm, at their 555 Main Street office. The topic will be "Increase Your Wellness by 300%". Come find out what will help keep you healthy. No charge for patients of Shrewsbury Family Chiropractic, \$5 for all other guests in advance, \$7 at the door. Bring a friend! Call (508) 845-2778 to sign up or get more information.

Volunteer Opportunities:

Internet/Email Volunteers: Mentors are needed to help Dick Correia in teaching the Internet and Email classes at the Shrewsbury High School. There will be an orientation for the Volunteer Mentors on Wednesday, April 14th from 2:30 to 4:30pm at the High School. Please contact Marcia at the number below or e-mail Dick Correia at richardcorreia2002@yahoo.com.

Coolidge School Needs You! Calvin Coolidge Elementary is celebrating Calvin Coolidge Day on Friday, April 16th. School photos are being collected so students can see the way the school has changed and learn more about its history. There are no photos that show the school prior to 1990. If you attended Coolidge, students and staff would love to interview you! Please contact Mrs. Clark at 508-841-8880 if you can be available on the 16th to be interviewed in the classroom.

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact

*Marcia Grillo, Volunteer Coordinator, at the Senior Center.
508-841-8758 or email: egrillo@th.ci.shrewsbury.ma.us.*



Dean Park Pizza
745 Main Street
508-842-2525

Offering a 15% Senior Dine-in
Discount on Mon & Wed.

Breakfast: Sat & Sun:
7am-noon

Try our fresh seafood!
Many menu choices!

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Shrewsbury Rotary Club
"Service Above Self"
Joseph Montecalvo
President - 2003 - 2004

Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



Monday

Elder & Disability Law Advocates

- Guardianships
- Estate & Medicaid Planning
- Medicaid Benefit Applications

Tuesday

All special monthly activities, meetings and screenings appear in italics on the Calendar: (back page)

Please call the Senior Center at 841-8640 to register for or learn about an activity, screening or clinic. The entrée at the Silver Spoon Café is listed each day. To reserve a seat, please call the Café Office at 508-841-8757 the business morning before.

Wednesday

Thursday

Friday

5

9am-1pm AARP Tax Assist
9:30 Piecemakers
11:00 SSC Club
11:30 Whist
12:30 Bridge

Chicken Cacciatore

6 Trip: Solomon Pond

9am-1pm AARP Tax Assist
10-12 Independent Artists
10am: Line Dancing
12:00 Art with Elaine
1pm, Arthritis Exer, 2:00 Chi Gong
3:15 Tai Chi/4:00 Adv Tai Chi
Meatloaf & Gravy

7

9:30 Fitness & Nutrition
11:00 Yoga
12:30 Bridge/1-3:00 Whist
1-2:00, 2:15-3:15 Pilates

Beef Strip Steak And Gravy

8

9:00 Men's Club
9:00 Acrylic Painting
10:45 Watercolor
11:00 Music with Kitty
1:00 Pitch

Beef Tips and Gravy

9

9:00 Rep. Polito Office Hrs
9:00 Clay Creations
9:30 Writer's Workshop
10:00 Cribbage
1:00-3:00 Busy Hands
Macaroni & Cheese

12 9-1pm AARP Tax Assist

9:30 Piecemakers
9:45 Dancing w/Josi
11:00 SSC Club
11:30 Whist
12:30 Bridge
2-3 Reiki
Spaghetti and Meat Sauce

13 Trip: Ocean S. Job Lot

9am-1pm AARP Tax Assist
10am Line Dancing
10am In. Artists, Noon: Art/Elaine
10am Spinal Screening
1pm Hearing Screening
1pm, Arthritis Exer, 2:00 Chi Gong
3:15 Tai Chi/4:00 Adv Tai Chi
Baked Ham

14

9:30 Fitness & Nutrition
10:00 COA Board Meeting
11:00 Yoga
12:30 Bridge/1-3:00 Whist
1-2:00, 2:15-3:15 Pilates

Chicken Mornay

15

9:00 Men's Club
9:00 Acrylic Painting
10:45 Watercolor
11:00 Music with Kitty
1:00 Pitch

Hot Dog

16

9:00 Clay Creations
9:30 Writer's Workshop
10:00 Cribbage
1:00-3:00 Busy Hands
1pm: Educational Talk: Colon Cancer
Swedish Meatballs

19 20 Trip: White City Plaza

10:00 Line Dancing
10am In. Artists, Noon: Art/Elaine
11am Little Piano Man
1pm: Friends of the SCC, Inc.
1pm, Arthritis Exer, 2:00 Chi Gong
3:15 Tai Chi/4:00 Adv Tai Chi
Veal Patty Marsala

Patriot's Day

Municipal Offices

21 9:30 Fitness & Nutrition

11:00 Yoga
12:30 Bridge/1-3:00 Whist
1-2 Blood Pressure Screening
1-2:00, 2:15-3:15 Pilates
1-3 Legal Clinic w/Nick Katsas
Fish Victor

22

9:00 Men's Club
9:00 Acrylic Painting
10:45 Watercolor
11:00 Music with Kitty
1:00 Pitch

Yankee Meat Pie

23

9:00 Clay Creations
9:30 Writers Workshop
10:00 Cribbage
10:15-11:45 Drawing Class
1-3 Busy Hands

Chicken Picatta

26 27 Trip: Greendale Mall

9:30 Piecemakers
9:45 Dancing w/Josi
11:00 SSC Club
11:30 Whist
12:30 Bridge
2-3 Reiki
Vegetable Cheese Bake

27 Trip: Greendale Mall

10:00 Line Dancing
10-12 Independent Artists
12:00 Art with Elaine
1:30pm AARP Meeting
1pm, Arthritis Exer,
2:00 Chi Gong
3:15 Tai Chi/4:00 Adv Tai Chi
Chicken Supreme

28 9:00 Senior drawing

9:30 Sr. Fitness & Nutrition
11:00 Yoga
12:30 Bridge/1-3:00 Whist
1-2:00, 2:15-3:15 Pilates
11:30: "Beef It Up w/ Angela & Sharon"
Beefy Ziti Bake

29

9:00 Men's Club
9:00 Acrylic Painting
10:45 Watercolor
11:00 Music with Kitty
1:00 Pitch

Hearty Beef Stew

30 9:00 Clay Creations

9am Newsletter Mailing
9:30 Writers Workshop
10:00 Cribbage
10:15-11:45 Drawing Class
11:30 Lunch and MOVIE
1-3 Busy Hands
BBQ Ribs